

The Senior Bulletin has a full listing of all programs, classes, events and trips offered by the Elmwood & West Hartford Senior Centers and is issued bi-monthly. A complimentary issue will be mailed to you by request or visit a senior center office.

ELMWOOD SENIOR CENTER

1106 New Britain Avenue, West Hartford, CT 06110
860-561-8180 FAX: 860-561-8187

WEST HARTFORD SENIOR CENTER

15 Starkel Road, West Hartford, CT 06117
860-561-7583 FAX: 860-561-7506



*Like us on Facebook!
Follow us on Twitter!*



Live life to the fullest! Now is the time to join in on all of the wonderful opportunities available to you at the Senior Centers. Stimulate your mind, body and soul with one of our many program offerings and special events. From dances and dining, to trips and travel, to exercise programs and a variety of classes, there is something for every interest. ADULTS OF ALL AGES AND ABILITIES ARE WELCOME TO PARTICIPATE but members, aged 55 and older, receive discounts and a bimonthly bulletin mailed to their homes. The annual membership fee is \$10.00 for residents and \$30.00 for nonresidents aged 55 or older. Memberships follow the calendar year with renewals beginning in December for the upcoming year. Please send the completed application below, a check payable to the Town of West Hartford for \$10/\$30, and a self-addressed, stamped envelope to a Senior Center of your choice. Membership entitles you to participation at BOTH facilities. Make the most of your leisure time. Be active. Get involved. Meet friends old and new...the "BENEFITS ARE ENDLESS!"

ELMWOOD SENIOR CENTER AND WEST HARTFORD SENIOR CENTER MEMBERSHIP APPLICATION

NAME _____ EMAIL _____

ADDRESS _____

TOWN _____ ZIP CODE _____ BIRTH DATE _____

PHONE _____ CELL PHONE _____ WORK PHONE _____

PERSON TO BE CONTACTED IN CASE OF EMERGENCY:

NAME _____ PHONE _____ RELATIONSHIP _____

TO JOIN SENIOR CENTERS 2018 RESIDENT: \$10.00 NONRESIDENT: \$30.00

Mail to: Elmwood Senior Center, 1106 New Britain Avenue, West Hartford, CT 06110
or West Hartford Senior Center, 15 Starkel Road, West Hartford, CT 06117

(Please make checks payable to Town of West Hartford)

ELMWOOD SENIOR CENTER

Monday

9:00 am	Toning & Strength
9:00 am	Billiards/Total Body Fitness Video
10:00 am	Toning & Strength/Brain Games
10:00 am	Tapercise II
11:00 am	Tapercise I
11:30 am	Pickleball
12:00 pm	Senior Cafe
1:00 pm	Set Back I /Write Away
1:30 pm	Mexican Train
2:00 pm	Aquacize @ Avery
5:00 pm	Barre Fitness / 6:00 pm Pilates

Tuesday

9:00 am	Arthritis Exercise/Billiards
10:00 am	Wii Bowling/Collage & Painting
10:30 am	Stepping, Stretch & Song
10:30 am	Pickleball / 12:00 pm Senior Café
12:30 pm	Basketball/Qigong/Table Tennis
1:00 pm	Arthritis Water Exercise @ Avery
1:30 pm	Regents
2:00 pm	Water Walking @ Avery
3:00 pm	Bridge

Wednesday

9:00 am	Toning & Strength
9:00 am	Billiards/Total Body Fit Vid/Piano w/Jane
9:30 am	Blood Pressure/Barbershoppers
10:00 am	Toning & Strength/Mah Jongg
10:30 am	Pickleball/10:45 am Go For Life Video
11:00 am	Zumba Gold/Table Tennis
12:00 pm	Senior Café/12:45 pm Poker, Drop in
1:00 pm	Bingo/Opera Adventures
2:00 pm	Aquacize @ Avery
6:00 pm	Pilates

Thursday

9:00 am	Billiards
10:00 am	Wii Bowling
10:30 am	Italian – Intermediate/Pickleball
11:30 am	Italian – Beginner/12:00 pm Senior Cafe
12:30 pm	Chess – Intermediate/Foundations - Tai Chi
1:00 pm	Drop in Bridge/Set Back II/Golf
1:00 pm	Brain Games
1:00 pm	Arthritis Water Class @ Avery
2:00 pm	Water Walking @ Avery
6:00 pm	Zumba Lovers

Friday

9:00 am	Toning & Strength
9:00 am	Total Body Fitness Video/Billiards
9:30 am	Tai Chi - Intermediate
10:00 am	Wii Bowling/Karaoke/Yoga
10:00 am	Squires/Circuit Cardio
10:30 am	Tai Chi – Beginner
11:30 am	Pickleball/ 12:00 pm Senior Cafe
12:00 pm	Adult Swim
12:30 pm	Table Tennis/ 12:45 pm Poker
1:00 pm	Movies & Munchies
1:00 pm	Dancing to “Elmwood Jive 5”

WEST HARTFORD SENIOR CENTER

Monday

8:45 am	Energy Hour
9:00 am	iPhone
9:30 am	Bridge Drop-In
10:00 am	Yoga
10:30 am	Tai Chi – Intermediate/Advanced
11:30 am	Tai Chi - Beginner
12:30 pm	Setback/Mahjongg/Scrabble
12:45 pm	Chicago Bridge M/W
1:00 pm	Hindi Language - Beginner
3:00 pm	Chair Yoga
4:00 pm	Yoga
6:15 pm	Zumba Drop-In

Tuesday

9:30 am	Duplicate Bridge
10:00 am	Peer Play
11:15 am	Ageless Grace
12:45/1:30/2:15 pm	Strength & Fitness, T/Th
1:00 pm	Marvin's Art Class/Latin Flow
1:00 pm	Dominos/Scrabble/Pinochle
1:00 pm	Big Time – Parkinson Exercise, T/TH

Wednesday

8:45 am	Energy Hour
9:00 am	Matter of Balance
10:00 am	Line Dance
12:15 pm	Mahjongg
1:00 pm	Lively Minds
1:00 pm	Shanghai/Scrabble
2:15 pm	Chair Yoga
7:00 pm	Zumba Drop-In

Thursday

8:30 am	Tai Chi/Qigong – Intermediate/ Advanced
9:00 am	Wii Bowling
9:30 am	Tai Chi/Qigong – Beginner
9:30 am	Hebrew
11:00 am	Spanish – Conversational/Yiddish
11:15 am	Ballroom Dance – Beginner
11:15 am	Meditation
12:00 pm	Ballroom Dance–Advanced
12:30 pm	Mahjongg
12:45/1:30/2:15 pm	Strength & Fitness
1:00 pm	Movie/ Dancing to the Hi-Tones
6:15 pm	Zumba Drop-In

Friday

8:45 am	Energy Hour
9:00 am	Knitting Social Group
10:00 am	Line Dance Sampler
10:00 am	French - Conversational
10:00 am	Cribbage
12:15 pm	Mahjongg/12:30 Setback
12:30 pm	Sharpen Your Mind-Brain Fitness
1:00 pm	Bingo/Poker
2:00 pm	Opera

Saturday

10:00 am	Yoga
10:30 am	Watercolor Painting

2017 SENIOR CENTER TRIPS

“DESTINATION FUN”! Two simple words that summarize the happiness that is felt by travelers aboard the “ELMWOOD EXPRESS”, the 24-passenger, handicapped accessible bus that has its home base at Elmwood Senior Center and serves both the Elmwood and West Hartford Senior Centers. Participants may register at EITHER facility for ALL trips, regardless of the departure location, and may request door-to-door transportation (when available) if driving to a Senior Center is not possible. (Please note door-to-door service is NOT offered for charter or casino trips). Passengers should arrive 15 minutes before designated departure and park at the lower lot by the gazebo at Elmwood Senior Center or in front of the West Hartford Senior Center. A designated “Trip Leader” oversees all travel.



Please note that refunds are issued for trip cancellations ONLY if staff are able to find a replacement from a wait list. Please note trip departure location.

DAY	DATE*	TRIP	DEPARTS FROM
Thursday	August 24	Blackhall Outfitters Kayak Trip (Old Lyme, CT)	ESC
Tuesday	September 5	Mohegan Sun (Uncasville, CT)	ESC
Tues/Thurs.	Sept. 5-7	Martha's Vineyard CHARTER	ESC
Friday	September 8	485 New Park (Hartford, CT)	ESC
Tuesday	September 12	Welcome to Motown, Aqua Turf (Plantsville, CT)	ESC
Friday	September 15	North by Northwest, CCSU (New Britain, CT)	ESC
Tuesday	September 19	Elvis at Grand Oak Villa (Oakville, CT)	ESC
Wednesday	September 20	Big E (Springfield, MA)	ESC
Thursday	September 21	Housing Fair at Elmwood Senior Center	ESC
Wednesday	September 27	F.D. Carbone's Kitchen (Bloomfield, CT)	ESC
Thursday	September 28	WHSC Golf Tournament	WHSC
Friday	September 29	Swan Lake at the Bushnell (Hartford, CT)	ESC
Sunday	October 1	"Hello Dolly" on Broadway (New York, NY) CHARTER	WHSC
Monday	October 2	Consignment Trip to Historic East Haddam, CT	ESC
Tuesday	October 3	Mohegan Sun (Uncasville, CT)	ESC
Thursday	October 5	"Annie Get Your Gun," Westchester Dinner Theatre CHARTER	ESC
Tues-Thurs	October 10-12	Villa Roma (Callicoon, NY) CHARTER	ESC
Wednesday	October 11	Severance Foods (Hartford, CT)	ESC
Friday	October 13	All that Heaven Allows at CCSU (New Britain, CT)	ESC
Sunday	October 15	River Rose Cruise (Newburgh, NY) CHARTER	ESC
Tuesday	October 17	Polka at the Aqua Turf (Plantsville, CT)	ESC
Wednesday	October 18	Belmont Racetrack (Belmont, NY) CHARTER	WHSC
Sunday	October 22	Neil Diamond, Log Cabin (Holyoke, MA)	ESC
Tuesday	October 24	WHSC—Entertainment Showcase	WHSC
Thursday	October 26	Isabella Gardner Museum (Boston, MA) CHARTER	ESC

DAY	DATE*	TRIP	DEPARTS FROM
Sunday	October 29	"Rigoletto," Connecticut Opera at Hoffman Auditorium (W. Hartford, CT)	ESC
Wednesday	November 1	"Rags", Goodspeed Opera House (E. Haddam, CT)	ESC
Saturday	November 4	"Turandot," Metropolitan Opera (New York, NY) CHARTER	WHSC
Wednesday	November 8	Deal of a Meal - Pagliacci's (Plainville, CT)	ESC
Tuesday	November 14	Mohegan Sun Casino Trip (Uncasville, CT)	ESC
Thursday	November 16	"Phantom of the Opera," Palace Theatre (Waterbury, CT)	ESC
Wednesday	November 29	"Christmas Carol" at Norma Terris Theatre (Chester, CT)	ESC
Sunday	December 3	"It's a Wonderful Life," Thomaston Opera House (Thomaston, CT)	ESC
Tuesday	December 5	Mohegan Sun Casino Trip (Uncasville, CT)	ESC
Tuesday	December 5	Radio City (New York, NY) CHARTER	WHSC
Thursday	December 7	Bright Nights Forest Park (Springfield, MA)	ESC
Tuesday	December 12	Fine Dining	ESC
TBD	January	Boar's Head Festival at Asylum Hill Church (Hartford, CT)	ESC
TBD	January	Steel Magnolias, Playhouse on Park	ESC
TBD	January	Bee & Thistle (Old Lyme, CT)	ESC
Friday	February 23	Bonnie & Clyde at CCSU (New Britain, CT)	ESC
Friday	March 23	Maltese Falcon @CCSU (New Britain, CT)	ESC
TBD	Spring	Hamilton at Bushnell Theatre (Hartford, CT)	ESC

*Perspective dates are subject to change. Please contact the corresponding Senior Center for trip registration dates, details and trips added after publication date.

Elmwood Senior Center
presents

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UDD'NHEADS:

CHILDHOOD IN COLONIAL AMERICA

THURSDAY, OCTOBER 19, 2017

BREAKFAST: 9:30-10A | PRESENTATION 10-11A

Presenters **Velya Jancz-Urban** (Author, Teacher and Creator of *Not-so-Good Colonial Goodwife*) and daughter **Ehris Urban** present a **Unique** and **Riveting History** on the Childhoods of:

- ◆ COLONIAL CHILDREN
- ◆ NATIVE AMERICAN CHILDREN
- ◆ SLAVE CHILDREN

ENJOY A DELICIOUS, HOT
BREAKFAST CATERED BY:

Hebrew Center
for Health and Rehabilitation

COST: \$8/M - OR - \$10/NM
SEATING IS LIMITED, MUST PRE-REGISTER: (860) 561-8180

Elmwood Senior Center Presents

River Rose Cruise Hudson River

Sunday, October 15, 2017
9:00 a.m. - 4:45 p.m.

A fantastic chance to view **Fall foliage** on the Hudson River, as you cruise on an old-fashioned **Mississippi Paddle Wheeler** for a **narrated tour** of significant historical sites. **Lunch is included** at Newburgh's "**River Grill**." Transportation via a **chartered bus**.

Cost: \$117/M; \$122/R; \$123/NR

Elmwood Senior Center Presents:

Isabella Stewart Gardner Museum

Thursday, October 26, 2017

8:30A - 6:30P



◆ We begin the day with a **special guided interior tour** of Boston's Trinity Church

◆ Lunch is *on your own* at the new **EATALY** in Prudential Center

◆ You will visit the Isabella Stewart Gardner museum, where **professionally trained guides will highlight the major works** in the collection.



Cost: \$82/M; \$87/R; \$88/NR

To register, call: (860) 561-8180

This is a Friendship Tours CHARTER trip

Elmwood Senior Center Presents

Harvest Hoedown



Thursday, November 2, 2017

12-2P

Join friends for entertainment by the **Elmwood Troubadours**, featuring **Dancing, Songs, Skits and Fun!** Performance accompanied by a **delicious luncheon** of barbeque chicken and fixins!

Cost: \$15/Members - or - \$17/Non-Members

To register, please call: (860) 561-8180

ELMWOOD SENIOR CENTER

invites you to attend the FREE

13th Annual Senior Housing Fair



THURSDAY, SEPTEMBER 21, 2017 • 9:30A-12:30P

ELMWOOD COMMUNITY CENTER, 1106 New Britain Ave., West Hartford



"ONE STOP SHOPPING." To help you simplify a very difficult decision for you or a family member, we have invited representatives from various retirement facilities, housing specialists and support service providers in the Greater West Hartford area to join us and help answer your questions. Each vendor table will have an abundance of information to take home and review. Complimentary Refreshments.

- Independent Living
- Home Health Care & Equipment
- Assisted Living

- Home Assistance Program
- Rehabilitation
- Home Emergency Monitoring

- Memory Impairment
- Reverse Mortgage
- Skilled Nursing

- Downsizing
- Subsidized Housing
- Real Estate & Legal Advice

Facility tours will be scheduled via Elmwood Express as a follow-up to the Senior Housing Fair.

Dates/times available by registering at the Housing Fair.

Registration NOT Required

For additional information, please call ESC: **860-561-8180**

Games People Play



Basketball
Billiards
Bingo
Bridge
Canasta
Chess
Cribbage
Dominoes
Mah Jongg
Mexican Train
Indoor Golf (seasonal)

Monte Carlo Whist
Pickleball
Pinochle
Poker
Scrabble
Set-Back
Shanghai
Table Tennis
Wii Bowling



HEALTH, WELLNESS & SUPPORT PROGRAMS & SERVICES

The Senior Centers provide various programs to improve the health and well being of older adults. The following is a sampling of programs offered. For specific information, please call either ESC or WHSC.

AARP Smart Drive
Classes
Bereavement Support
Blood Pressure Clinic
Complimentary Coffee
Foot Care
Hearing Screening
Income Tax Assistance
Lifeline Screening
Medicare Counseling
Senior Community
Cafe
Caregivers' Support



**Two West Hartford
Locations!**

**Recipient of the Governor's
Physical Fitness Award**

**Elmwood
Senior Center**
1106 New Britain Ave
Monday-Friday 7:00A - 6:30P
Saturday 9:00A - 1:00P

**West Hartford
Senior Center**
15 Starkel Road
Monday-Thursday 8:00A - 6:30P
Friday 8:00A - 4:30P
Saturday 8:00A - 12:00P



The Step Up to Health Fitness Centers offer individualized and medically based exercise programs for older adults. Equipment is designed to enhance cardiovascular endurance and muscular strength and to help reduce the risk of injury. *Fitness Center membership offered to senior center members ONLY!*

Equipment included in our Centers:

bikes, treadmills, stepper, elliptical, upper body ergometer, dumbbells, recumbent cross trainer and a line of Nautilus® strength training equipment.

\$150/individual
for 1 year

\$90/individual
for 6 months

\$60/individual
for 3 months

**For more information, Call the Elmwood Senior Center: 860-561-8180
or West Hartford Senior Center: 860-561-7583**

Fitness Centers made possible by a grant from the Hartford Foundation for Public Giving.



**WEST HARTFORD
SENIOR CENTER**

PRESENTS

ENTERTAINMENT SHOWCASE

Tuesday, October 24, 2017
8:15 am - 3:30 pm

Town Hall Auditorium
50 South Main Street, West Hartford, CT 06107

Enjoy the area's finest entertainment.
More than 40 entertainers will perform for the day.
Join us for a continental breakfast and
a special luncheon buffet.

Pre-Registration Required \$25 Members \$35 Nonmembers

Breakfast:	8:30 a.m. - 9:00 a.m.
Entertainers:	9:00 a.m. - 12:30 p.m.
Lunch & Social Hour:	12:30 p.m. - 1:00 p.m.
Entertainers:	12:50 p.m. - 3:30 p.m.

Free Parking is available at the Town Hall parking lot for the day!
For more information, please call: 860-561-7583



**Bishops Corner
Meeting &
Conference Center**

15 Starkel Road, West Hartford
(869) 561-7582

Available for Rentals!

PERFECT FOR:
Anniversary Parties, Birthday Parties,
Baby Showers, Bar/Bat Mitzvahs,
Weddings, Company Gatherings,
Power Point Presentations,
Lectures, Business Meetings,
Classes/Workshops & Dances

**Rooms can accomodate
up to 150 people.**

**REASONABLE RATES RANGING FROM
\$35 TO \$95 PER HOUR.**

West Hartford Senior Center



Saturday, November 4, 2017

PUCCINI'S FINAL OPERA AND ONE OF THE BIGGEST
BLOCKBUSTERS IN HIS REPERTOIRE, TRANSPORTS US TO
AN EXOTIC FANTASY OF ANCIENT CHINA.

Depart WHSC 9:00 A Return WHSC 9:00 P
Opera Running Time 1:00 – 4:15 P
Dinner on Your Own After the Opera | Depart Lincoln Center 6:15 P
Seats in Orchestra Balance Rows P through S
Trip Leader: Deborah Kennedy

Cost: \$195 Members;
\$210 Residents
\$215 Non-Residents

FOR ADDITIONAL INFORMATION, PLEASE CALL 860.561.7583.

West Hartford Senior Center

**HOT FUDGE
& FIDDLES**

**Wednesday,
September 6, 2017
2:00 pm**



As summer comes to an end we will get together
to enjoy delicious Hot Fudge Sundaes
compliments of A.C. Petersen.
The CT Bristol Old Time Fiddlers
will entertain us with their lively,
foot stomping music!

Cost: \$2.00 Members, \$3.00 Nonmembers
Please register in advance.
Limited Seating

**For more information,
please call (860) 561-7583**






33RD ANNUAL GREATER HARTFORD SENIOR GOLF TOURNAMENT REGISTRATION FORM

Thursday, September 28, 2017
Rockledge Golf Club
289 South Main Street West Hartford, Ct 06107

- Form must be completed for EACH person enrolled in the tournament
- Must be 55 or older
- Start time will be assigned on a first come, first serve basis
- Please arrive 30 minutes before start time
- Confirmation will be made by email or phone
- 18 holes-Rain or Shine
- Tea Cup & Silent Auction

**Putting & Land on
the Green Contests**

Registration deadline is Thursday, September 10, 2017

Registration includes: Greens Fee, Golf Cart, Breakfast, Box Lunch and Prizes

Name: _____ Age: _____ Email Address: _____

Address: _____
Street City State Zip Code

Home Phone: _____ Cell phone: _____

Meal Choice: **Roast Beef** _____ **Turkey** _____ **Tuna** _____ **Veggie Pasta Salad** _____

CALLOWAY System: _____ or USGA Handicap Index # _____

Circle One:

\$60 per person

\$50 Rockledge Season Pass Holder

Enclosed: Cash \$ _____ Check # _____

Check made payable to: West Hartford Senior Center
NO REFUNDS

Start time preference: _____

Cart partners:

(1) _____

(2) _____

(3) _____

GOLD SPONSORS

 **Duncaster**
Boutique Community Living

**KEARNS &
KEARNS PC**
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BREAKFAST SPONSOR

 **BROOKDALE PLACE**
WEST HARTFORD
BROOKDALE SENIOR LIVING

LUNCH SPONSOR

 **Hebrew Center**
for Health & Rehabilitation

Mail to:

West Hartford Senior Center
15 Starkel Road,
West Hartford, CT 06117

For Sponsorship Opportunities and
Registration Information please contact
us at 860.561-7583 or e-mail
deborah.kennedy@westhartfordct.gov